

Focusing...

THE INWARD CONNECTION - A STEP TO FREEDOM

A seven session workshop designed to explore the FOCUSING process/technique which enables you to...

- ❖ ...get in touch with your own true self and with your body's inherent wisdom, creativity and self-healing
- ❖ ...identify & successfully deal with issues you have been carrying
- ❖ ...see more meaningful connections between yourself and all creation
- ❖ ...give meaning & direction to your life

Each session will give time to...

- ❖ input
- ❖ learning/using the FOCUSING technique
- ❖ sharing

When?: Wednesdays, 2:00 - 3:30 p.m.
Beginning October 1, 2003

Where?: Annex Z (SGW - 2090 Mackay), Room 05

For more information...

Michelina Bertone, SSA

848-2424 Ext. 3591

mbertone@alcor.concordia.ca